

MANAGEMENT OF ANIDRA (INSOMNIA) THROUGH AHARA-VIHARA: A REVIEW**¹Vd. Bhaskar M. Perke and ²*Vd. Pallavi B. Dudhewad**¹Assistant Professor, Department of Swasthavritta, Government Ayurved College, Nanded.²PG Scholar, Department of Swasthavritta, Government Ayurved College, Nanded.***Corresponding Author: Vd. Pallavi B. Dudhewad**

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ABSTRACT

Ayurveda the science of healthy living deals with physical, mental and spiritual components of health. Ayurveda considered Ahara, Nidra and Brahmacharya as important parts of life for achieving goal of Swasthavritta. Ayurveda recognises the importance of sleep to health. In fact, it maintains that sleep and diet are the two pillars of health. In Ayurveda, Nidra (sleep) is one important component of Trayopstambh. As per Ayurveda, Nidranasha which is due to aggravation of Vata Dosha (Vata Vrudhi). An improper diet and irregular lifestyle (Aahar and Vihar) develop cause of vata prakopa that travels through causing sleeplessness (Anidra). Nidra is a state of complete physical and mental relaxation of body which play vital role towards the good health status. Anidra is abnormal physiological condition which greatly affects quality of life and this problem increasing day by day due to the enhanced level of stress, diversified environmental condition, disturb pattern of life style and bad dietary habits. Insomnia or Anidra is not just about being tired, it means that the nervous system has been weakened and reduces our ability to cope. It is very important for physician society to put focus attention to reduces prevalence of this issue. Ayurveda mentioned different therapeutic approaches for the management condition of insomnia including use of Shaman, Shodhna Chikitsa and good conduction of Ahara-Vihara.

KEYWORDS: Ayurveda, Nidra, Anidra, Insomnia.**INTRODUCTION**

Anidra - Anidra (insomnia) is defined as difficulty in maintaining a sound sleep or unable to sleep or waking up without complete sleep. And Insomnia is a complaint or perception of inadequate poor sleep because of difficulty in falling asleep, awakening too early in morning. Vata, Pitta, Kapha are Tristhuna i.e. three pillars of life. In Ayurveda, Nidra (sleep) is one important component of Trayopstambha.^[1] taking proper food keeps the body healthy the proper sleep leads to Arogya (health) and Sukha (happiness).^[2] nidra is an essential phenomenon for the maintenance and restoration of both body and mind for the living beings.^[3] Ayurveda is medical sciences which describes physical mental and spiritual health mental health is well being of a person. As per Ayurveda, Nidranasha which is due to aggravation of Vata Dosha (Vatavrudhi).

Insomnia is the inability to go to sleep at night, or, once asleep, the inability to have a restful and sound sleep. This lack of sleep, or restless sleep, then it effects on our daily activities both physically and mentally. Insomnia is one of the most common problems now a day's affecting large number of global populations. It is associated with psychosomatic manifestations such as; fatigue, high blood pressure, loss of concentration, stress, anxiety, presence of other disease and conduction of disturbed

daily regimen. Insomnia in Ayurveda termed as Anidra which may causes symptoms like; Dukha, Balahani, Karshyata and Agnyanata. As per ayurveda principle Vata Vaigunyata is mainly responsible for Anidra along with Mana and Indriya Vikaras. Now a days modern medicine doctors prescribe different types of tranquillizers for treatment of insomnia. If insomnia is treated with hypnotics, anxiolytic, psychotropic and sedative, its hazardous adverse effect cannot be ruled out to be given for a long period.^[4] In such era there is need of efficient management of insomnia in natural way without any adverse effect and eradication of root cause of insomnia. In Ayurveda insomnia can be correlated with Anidra. Ayurvedic treatment modalities for the treatment of Anidra (Insomnia) which could be safe, effective, readily available, cost effective without any side effects. Ayurveda has a potent approach towards the treatment of Anidra by Pathya Aahara, Vihara and internal and external medications. It includes Abhyanga, Shirodhara, Basti.

Anidra Review
Charaka Samhita^[5]
Susruta Samhita^[6]
Ashtanga Hridaya^[7]
Nidan (Cause)
Aaharaj

Dietary intake of food which possesses, ruksha, atyaushna, sheeta, dry in property.

Viharaj

Living in airconditioned rooms. Addictions – Smoking Manasikhetus – Grief, anger, joy, sorrow, greed, crying, obsession, possessive, compulsiveness, anxiety, anxious personality, fearfulness, loneliness, agitation, depression, frustration.

Vyadhij hetu – Pandu, unmada, apasmara, etc.

Modern view

1. Primary insomnia – It occurs due to its own distinct disorder. Causative factors such as prolonged stress or emotional breakdowns, travelling working schedules that disturbs the routine may trigger primary insomnia.
2. Secondary insomnia - It is occurred due to the effect of other problems such as emotional, neurological, medical or sleep disorders.

Causes of Insomnia Anxiety, stress and depression are some of the most common causes of chronic insomnia. Anger, worry, grief and trauma are also causing of insomnia.

RUPA (sign and symptoms)

1. Vata - restless night in which there is much tossing and turning. A Vata may not fall asleep at all (if pitta has been affected too), or wake up between 2 and 4am (the vata time of the morning), and won't go back to sleep until after the heaviness of kapha time starts (after 6am).
2. Pitta - insomnia is when the patient cannot sleep until the pitta period of the night (10pm-2am) is over. The Pitta insomniac is hyper-aroused and has too much Cortisol in their system. They simply cannot 'switch off' enough to go to sleep. Pitta insomniacs will be irritable, and may have disturbing dreams about fighting, if they do have any sleep. Pitta insomnia may be related to acid reflux.
3. Kapha - Kapha is not normally associated with insomnia, but with excessive sleep, unless a kapha condition (e.g. sleep apnoea) interferes with normal sleep. Waking up too early in the morning (6am) may be a type of Kapha insomnia, as is feeling sluggish after a full night's sleep.

Signs and Symptoms

- Glani
- Tandra (Drowsiness)
- Jhrumbika (Yawning)
- Bhrama
- Apakti (indigestion)
- Shirogaurav (heaviness in head and headache)
- Angamarda (body ache and heaviness of body)
- Vatajroga

Classification of nidra^[8]

6 types of nidra and their causes

1. Tamobhava: Excess of tamas quality

2. shleshmasamudbhava: Excess of kapha dosha
3. Sharira manah shram samudbhava: Mental and physical fatigue
4. Agantuki: Adventitious
5. Vyadhianuvartini: Sequelae to diseases
6. Ratri swabhava prabhava: Occurring during night physiological sleep.

Modern view

Symptoms of insomnia

- Difficulty falling asleep at night
- Walking up during the night
- Not feeling well-rested after a night sleep
- Daytime tiredness or sleepiness
- Irritability, depression or anxiety.
- gastrointestinal symptoms
- low motivation or energy
- poor concentration and focus
- lack of coordination, leading to errors or accidents
- worry or anxiety about sleeping
- using medication or alcohol to fall asleep
- difficulty socializing, working, or studying

Management of Anidra (insomnia)

Nidanparivarjana

Getting free from the causative factors. Before starting with the treatment a physician has to understand for pathological condition (chronic illness, psychiatric, neurological disturbances) should be ruled out first search the cause and treat the cause. Factors discussed above should be avoided.

Aaharaj

- Food containing multivitamin (vitamins A, C, E and B complex vitamins).
- Food containing trace minerals (magnesium, calcium, zinc and selenium).
- Fish oil having omega-3 fatty acids.
- Food having 5-hydroxytryptophan, L-theanine, Melatonin and L-tryptophan.
- Hot, sour and spicy food should be avoided.
- Green leafy vegetables, wheat, rice, pulses and milk product may be recommended however junk food and heavy food must be avoided before sleep.

Viharaj

- Consumption of heavy, oily and spicy food should be avoided before sleeping
- One should follow to sleep during natural sleeping time (not too late/not too early).
- Be relaxed completely during sleeping time with comfortable positions for sleeping with extended body posture.
- Oil massage may be helpful before sleeping time.
- Dinner 2-3 hrs. before bed time with Dhyana or meditation should be done before to go on bed. Electronic gadgets such as; laptop and mobiles must be avoided before sleeping time.
- Exercise and yoga practice help in Anidra.

- Caffeine and tea should be avoided ☞ Day time sleep need to be avoided.
- Bathing before sleep may help to induce sleep.

Chikitsa

Shodhan Chikitsa

Panchakarma procedures benefits in anidra as per the need of patient like shirodhara, abhyanga, utsadan, udvartana, netratarpan, karnatarpan, shirapicchu with himsagartaila/narayanataia, shira and mukhalepa.

Shaman Chikitsa

In Bhavaprakasha^[9] and Astanga samgraha one more karma ie. Padabhyanga is also mentioned for sound sleep as Nidraprasadkar.

- Abhyanga (massage with oil over the head)
- Parisheka (pouring oil over the head)
- Pichu (putting a cloth soaked in oil over the head)
- Basti (making the oil to stand on the head)

DISCUSSION

Anidra can also be said as nidranasha which is enumerated in vatajnanatmajavikara. it is also included as a symptom in vata and pitta dosha. Kaphadosha, hridaya, mana, tamas, and samjnyavahastrotas are responsible for sleep induction. There is a relation between sleep and age. Tridosha has the influence on sleep disturbed patterns. Increased pitta doshasushna and tikshna properties are also responsible for reduction in sleep. The incomplete sleep termed as Anidra (Insomnia) which may associate with various pathological conditions, Kshaya weakness or loss of power also causes insomnia. As it is also responsible in deprivation of saptadhatu from their normal function. This condition may lead to individual suffer from insomnia.

CONCLUSION

Today's day to day rat race population is dwelling with the stress level which a person has to pay with its mind's calmness. This creates unstable of healthy mind state and causes it to suffer from anidra. Anidra is a purpose of all the age to cause an unease state of mind. So, Ayurveda has a great potential and promising alternative in insomnia. Food, sleep and celibacy are three sub-pillars of life. Sleep is as important as food; therefore, we must understand concept and its management through Ayurveda.

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